



# NAVY REGION NORTHEAST NAES LAKEHURST



## SAFETY AND HEALTH NEWSLETTER

OCTOBER 2003

NAES LAKEHURST SAFETY DEPARTMENT

VOLUME 7, ISSUE 1

### October is Fire Prevention Month

The N.A.E.S. Fire Department will be visiting day care facilities and work spaces to demonstrate proper fire extinguisher use, checking fire alarms and monitoring fire escape drills.

For more information contact Fire Inspectors Bureau:  
at **x7578 in an emergency dial 911 !!!**

In keeping with our year-round attitude, we present the following safety tips for work and home.

#### **In the Kitchen:**

Turn pot and pan handles inward so they don't stick out over the edge of the stove  
Smother grease fires with a lid and turn the burner off  
Wear tight-fitting or short-sleeved garments when cooking  
Make sure all appliances are approved (UL listed, etc.)  
Never plug in an appliance while floors or hands are wet  
Keep flammables out of the kitchen  
Don't leave your cooking unattended  
Keep appliances clean  
Have a portable fire extinguisher close by

#### **In Living Areas:**

Provide "breathing room" around electronic equipment (TVs and stereos)  
Don't overload electrical circuits  
Keep all combustibles (things that burn) at least 3 feet away from open flame heaters  
Use a metal fireplace screen  
Have your fireplace flue checked and cleaned regularly  
Use large, deep ashtrays if you smoke  
Double check your furniture for smoldering smoking materials

#### **General Safety Procedures**

Have a family escape plan  
Do not go back in for any reason  
Feel the door before opening; if warm, use alternate escape route  
When escaping, crawl under the smoke  
Check your smoke detectors often  
Warn "Latchkey after school children" not to cook without an adult at home  
Warn your children not to play with lighters or matches  
If your clothing catches fire, STOP, DROP and ROLL

#### **SAFETY & HEALTH DEPARTMENT NEWSLETTER STAFF**

NAVOSH Program Manager	Captain Winneg
NAVOSH Deputy Program Mgr	Mel Tardie
Safety Department Head	Steve Rudowski
Fire Chief	Richard Strasser

#### **Safety and Health Department**

Gordon Mason  
Bruce Fredericks  
Nancy Vandegrift  
Wes Godwin  
PO Jozefick  
Jennifer Kenney  
Chief Fire Inspector Martin V. Galler

Do you have any safety related topics you would like to see in our publication or have questions, contact us at x2525.

#### **In Storage and Work Areas:**

Have your furnace checked by a Professional annually  
Check your circuit breakers if you have an unusual power outage  
Keep flammables in the original container and tightly capped  
Don't store soiled rags near a heat source  
Keep your work area clean

# HALLOWEEN SAFETY TIPS FOR KIDS AND ADULTS

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- ⇒ Walk, slither, and sneak on sidewalks, not in the street.
- ⇒ Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- ⇒ Cross the street only at corners.
- ⇒ Don't hide or cross the street between parked cars.
- ⇒ Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- ⇒ Plan your route and share it with your family. If possible, have an adult go with you.
- ⇒ Carry a flashlight to light your way.
- ⇒ Keep away from open fires and candles. (Costumes can be extremely flammable.)
- ⇒ Visit homes that have the porch light on.
- ⇒ Accept your treats at the door and never go into a stranger's house.
- ⇒ Use face paint rather than masks or things that will cover your eyes.
- ⇒ Be cautious of animals and strangers.
- ⇒ Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.



Halloween can be a traumatic and even dangerous time for your pet here are some common-sense tips to protect your pet on Halloween:

- ⇒ Don't leave your pet out in the yard on Halloween
- ⇒ Trick-or-treat candies are not for pets: Chocolate is poisonous to a lot of animals, and tin foil and cellophane candy wrappers can be hazardous if swallowed.
- ⇒ All but the most social dogs should be kept in a separate room during trick-or-treat visiting hours; too many strangers in strange garb can be scary for a dog.
- ⇒ Be careful your cat or dog doesn't dart out through the open door.
- ⇒ While this can be a fun time for people and pets alike, remember that your pets are depending on you to keep them safe from the more dangerous goblins and ghouls that this holiday brings.





## As the days begin to shorten

and the evening air turns briskly cool, many of us will feel a quiet desperation and almost longing for the woods on a bitter cold day. This feeling is most commonly referred to as buck fever. You can almost taste the excitement as many hunters around the country eagerly await the opening of their favorite season.

Most of us won't think of Risk Management as part of our preparations for the onset of the season. However, Risk Management is necessary if we want to see the next season. We must apply the same thought process to our recreation as we do our work. It is imperative to protect ourselves from hazards that each type of hunt presents.

Almost every state now has a requirement for a hunter safety course if you were born after a certain date. These courses are interesting and informative, and they have significantly reduced hunting accident rates. If you have never attended one, or if it's been a while, it might be a good idea to get a refresher. Another way to approach the course is to go with a young hunter and help teach the next generation of hunters.

Hunting is one of the safest sports in terms of the ratio of people involved to people injured or killed. However, due to the nature of the sport, most accidents have drastic results. If hunting is to survive as a safe sport, hunters must apply Risk Management when they go into the field.

The most frightening hazard when hunting is the risk of being shot by another hunter. There are several controls which, if thought about ahead of time and implemented properly, will reduce the risk of becoming an accidental target.

1. The proper dress for the type of season open.

— **BLAZE ORANGE** during deer season.

The more the better (the deer can't see it, but other hunters can). Most states have a minimum amount that you must wear, so

check your local game laws.

— NEVER wear **blue** or **red** during turkey season. You might be mistaken for a turkey.

— NEVER wear **brown** or white during deer season.

These are the primary colors of a deer and you may get shot at by mistake. It is important to note that these rules apply to all people in

the woods during hunting season, no matter what the reason.

2. Never carry a deer or turkey on your shoulder through the woods. Carry it as low as possible. It is also a good idea to mark it with blaze orange to prevent someone else from shooting at it.

3. Never shoot at sound or movement. Make sure you identify your target before you shoot. Make sure you also check the background. Don't shoot if you're uncertain where the bullet might end up.

4. If you see another hunter, but are concealed from his view, step out into the open so he can see you.

5. Make sure everyone in the hunting party knows where the others are hunting, and pre-coordinate any movements.

6. Use a flashlight and unloaded weapon when moving in darkness. Always carry a spare flashlight.

7. Never use your scope for binoculars.

8. When in a ground stand or a blind, keep a rock or tree to your back to prevent getting shot in the back.

9. Always handle firearms as if they were loaded. Never assume someone is handing you an unloaded weapon. Visually check it, and then treat it as if it is still loaded.

10. Make sure someone knows where you're going and when you plan to return. Never hunt alone.

Refer to **NAES Instruction 11015.2M** for local hunting regulations and maps of designated hunting areas.

**Specific questions can be directed to John Joyce at x2911 or Lt. Jim McGrail at x7476.**



# HAZARD ALERT

## CPSC, Galls Announce Recall of Batteries Sold with Galls® H.A.L.O. Tactical Flashlights



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in

voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of product:** Fuji Power and A&T Fuji Power CR123A 3-volt lithium batteries originally provided with Galls® H.A.L.O. Tactical Flashlight.

**Units:** Approximately 10,084

**Distributor:** Galls Inc., of Lexington, Kentucky

**Hazard:** The batteries originally provided with the flashlight may overheat or explode presenting a potential for fire or personal injury.

**Incidents/Injuries:** Five reports of batteries overheating or exploding have been received, causing minor injuries such as burns and minor property damage from fire.

**Description:** The batteries were provided in pairs. Each is a 3-volt lithium battery with a white label. The name "Fuji Power" or "A&T Fuji Power CR123A" is on the label.

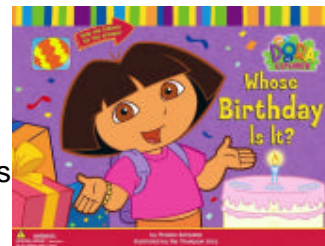
**Sold at:** Galls catalog, Galls website [www.galls.com](http://www.galls.com) and retail stores in Lexington, KY; Long Beach, CA; Riverside, CA; San Diego, CA; Orange County, CA; and Signal Hill, CA, from June 2001 through May 2003. The flashlight sold individually for about \$49 and when bundled with other items for up to \$99.

**Manufactured in:** Taiwan.

**Remedy:** Call Galls toll-free at 1-800-477-7766 to receive free replacement batteries for each pair of batteries originally received with your Galls® H.A.L.O. Tactical Flashlight purchased prior to June 2003. If you have already replaced the batteries (Galls recommends that Duracell Ultra 123 3-volt lithium replacement batteries be used), Galls will provide an equivalent credit (\$10.99 for each pair of Fuji Power or A&T Fuji Power lithium batteries) that can be redeemed towards the purchase of any other merchandise ordered from Galls.

**Consumer Contact:** Call Galls customer service representatives toll-free at (800) 477-7766 Monday through Friday, 7 am to midnight ET, Saturday and Sunday 9 am to 9 pm ET.

## CPSC, Simon & Schuster Announce Recall of Children's Books



WASHINGTON, D.C. – WASHINGTON, D.C. – The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of product:** Dora the Explorer Children's Board Book

**Units:** 26,000

**Manufacturer:** Simon & Schuster Inc., of New York, N.Y.

**Hazard:** A plastic replica of a balloon attached to the book can detach, posing a choking hazard to young children.

**Incidents/Injuries:** None.

**Description:** The heavy-cardboard book has "Whose Birthday Is It?" printed on the cover in yellow letters. Dora the Explorer cartoon characters are pictured on each page. A cutout in the top left corner of book has a small plastic replica of a balloon attached. The yellow and orange balloon is used as a slide to reveal answers to questions in the book.

**Sold at:** Discount department stores and bookstores nationwide during August 2003 for about \$10.

**Manufactured in:** China

**Remedy:** Consumers should take these books away from young children immediately and contact Simon & Schuster at the Consumer Contact number indicated below to receive a replacement book.

**Consumer Contact:** Call Simon & Schuster toll-free at (800) 223-2336 between 8:30 a.m. and 5:00 p.m. ET Monday through Friday or visit the firm's Web site at [www.simonsayskids.com](http://www.simonsayskids.com)

**Media Contact:** Adam Rothberg at (212) 698-1132.

**For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>**

## DO READ THIS.

### IT COULD SAVE YOUR LIFE

A 36 year old female had an accident several weeks ago and totaled her car. A resident of Kilgore, Texas, she was traveling between Gladewater & Kilgore. It was raining, though not excessive, when her car suddenly began to hydroplane and literally flew through the air.

She was not seriously injured but very stunned at the sudden occurrence! When she explained to the highway patrolman what had happened he told her something that every driver should know - NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON. She had thought she was being cautious by setting the cruise control and maintaining a safe, consistent speed in the rain. But the highway patrolman told her that if the cruise control is on and your car begins to hydroplane - when your tires lose contact with the pavement - your car will accelerate to a higher rate of speed and you take off like an airplane. She told the patrolman that was exactly what had occurred.

We all know you have little or no control over a car when it begins to hydroplane. You are at the mercy of the Good Lord. The highway patrol estimated her car was actually traveling through the air at 10 to 15 miles per hour faster than the speed set on the cruise control.

The patrolman said this warning should be listed, on the drivers seat sunvisor - NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY - along with the airbag warning.

We tell our teenagers to set the cruise control and drive a safe speed but we don't tell them to use the cruise control only when the pavement is dry. The only person this accident victim found, who knew about this (besides the patrolman), was a man who had had a similar accident, totaled his car and sustained severe injuries.

### How We Get Hurt at Lakehurst Mishaps that occurred in the Month of September

- Employee was involved in MVA **resulting in 1 Lost Workday.**
- Foreign object flew in eye **resulting in 1 Lost Workday.**
- Struck on hand causing a contusion **resulting in 1 Lost Workday.**
- Employee was involved in MVA **resulting in No Lost Time.**
- Foreign object flew in employees eye **resulting in No Lost Time.**
- Employee was hit himself in head with crowbar causing a laceration over his eye **resulting in No Lost Time.**

#### Definitions

**Lost Work Day** - Loss of at least one full work day subsequent to the date of injury.

**Loss of Time** - any time lost from work on the day of the injury or after the day of injury, but not resulting in a full lost workday.

### Reminder To All Supervisors

**Report all injuries to the Safety Department as soon as possible at X2525.**

Personal Injury Notice Reports can be printed out from the Safety Department's Occupational Safety and Health Website at <http://www.lakehurst.navy.mil/nlweb/safety/forms/forms.html>

# Protect Your Family and Yourself from Carbon Monoxide Poisoning

## Carbon Monoxide Can Be Deadly

You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO produced is usually not hazardous. However, if appliances are not working properly or are used incorrectly, dangerous levels of CO can result. Hundreds of people die accidentally every year from CO poisoning caused by malfunctioning or improperly used fuel-burning appliances. Even more die from CO produced by idling cars. Fetuses, infants, elderly people, and people with anemia or with a history of heart or respiratory disease can be especially susceptible. Be safe. Practice the DO's and DON'Ts of carbon monoxide.

## CO Poisoning Symptoms

Know the symptoms of CO poisoning. At moderate levels, you or your family can get severe headaches, become dizzy, mentally confused, nauseated, or faint. You can even die if these levels persist for a long time. Low levels can cause shortness of breath, mild nausea, and mild headaches, and may have longer term effects on your health. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

## Play it Safe

If you experience symptoms that you think could be from CO poisoning:

**DO GET FRESH AIR IMMEDIATELY.** Open doors and windows, turn off combustion appliances and **leave the house.**

**DO GO TO AN EMERGENCY ROOM** and tell the physician you suspect CO poisoning. If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

**DO** Be prepared to answer the following questions for the doctor:

- Do your symptoms occur only in the house? Do they disappear or decrease when you leave home and reappear when you return?
- Is anyone else in your household complaining of similar symptoms? Did everyone's symptoms appear about the same time?
- Are you using any fuel-burning appliances in the home?
- Has anyone inspected your appliances lately? Are you certain they are working properly?

**DO** have your fuel-burning appliances — including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves — inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.

**DO** choose appliances that vent their gases to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.

**DO** read and follow all of the instructions that accompany any fuel-burning device. If you cannot avoid using an unvented gas or kerosene space heater, *carefully follow the cautions* that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

**DO** call EPA's [IAQ INFO Clearinghouse](https://www.epa.gov/iaq) (1-800-438-4318) or the [Consumer Product Safety Commission](https://www.cpsc.gov/) 1-800-638-2772 for more information on how to reduce your risks from CO and other combustion gases and particles.

**DON'T** idle the car in a garage — even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.

**DON'T** use a gas oven to heat your home, even for a short time.

**DON'T** sleep in any room with an unvented gas or kerosene space heater.

**DON'T** ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.